

Life's Invisible Chains

The extent to which the mind seeks a deeper comprehension of the world and the role the individual plays within it; may stir memories of an uncomfortable nature to the mind's surface. For reflective thought sheds light upon aspects of one's darker nature. Taking a moment to sit with uncomfortable thoughts, despite a natural urge to suppress them. These moments of introspection allow an individual to examine aspects of their life. Providing an opportunity to reflect upon memories that cause a sense of anxiety. The more one focuses upon the root cause of internal suffering, the clearer underlying factors will become. Unless an individual is prepared to look beneath the surface of things, to address issues that have contributed to an unhealthy mental state; attempts at moving on with life will feel rather shallow. For one has not addressed the underlying issues, that have become far bigger problems over the course of many years.

One's various attempts at ignoring problems, contributing to a situation that requires twice as much effort to overcome. A situation that would not exist if an individual had taken time to address it, before the problem had an opportunity to take root. For the more one attempts to ignore uncomfortable truths, the harder it becomes to repair the damage inflicted by one's willful ignorance. The anxious state of mind that arises from a denial of suppressed thoughts and emotions, an unfortunate byproduct of unprocessed experiences. Although it may feel like a viable solution to cope with the hardships of life; all one is subconsciously doing is patching over the cracks in the dam's wall. Eventually the prolonged suppression of thoughts and feelings will prove too much of a burden. The numerous attempts at patching fractures in the dam's wall, leave one drained of life's vital spark. As crucial aspects of one's inner life are being denied an opportunity to express the authentic self.

The suppression of crucial aspects of one's nature, whether an individual is conscious of it or not; eventually lead to a sense of disconnection from oneself and broader society. Under these circumstances an individual can only express certain aspects of their personality. The suppression of one's genuine nature, the unfortunate byproduct of a sick society. For the denial of one's inner most nature, indicates a lack of understanding for those marginalized by the social hierarchy. The inability to challenge outdated ideas and beliefs due to a fear of being cast aside, in the same manner as those who dared to speak out. Social stigma being the number one reason as to why people refuse to budge, when the truth is plain for all to see. Unless an individual can overcome the fear of social isolation, one will not break the invisible chains that bind them to a lifetime of uncomfortable lies.